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OUR FARM FAMILY'S FOOD SUPPLY FOR THE WINTER MONTHS NOV 22 1934 ★  
U. S. Department of Agriculture

A radio talk by Mrs. Otto Koenig, farm woman, Auglaize County, Ohio, delivered in the home demonstration radio program November 7, 1934, and broadcast by a network of 48 associate NBC radio stations.

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Food influences growth, strength, accomplishments and happiness. Therefore the welfare of the family is largely in the hands of the one preparing the family meals.

Each farm woman must not only maintain her reputation of being a good cook, but must also take the responsibility of selecting foods which will provide proper material for the growth of the children and promote the health and strength of each member of her family.

The amount of money that may be spent for food and also the difference in age, activity and taste of the different members of the family, present problems which must be carefully considered by the farm woman.

For this reason the farm family food supply is one in which I am very much interested. I find that preparing three meals every day of the year and using a large amount of home grown foods calls for careful planning. I use as many fresh foods as I can from my garden during the summer. In the winter when fresh foods are not available, I use the foods stored, preserved and canned during the summer and fall.

In order to have a variety of foods for the winter months, we must preserve or store them during the season when they can be grown. Most farm families are not close enough to a market or financially able to buy enough fresh vegetables and fruits in the winter. I have found that the canning and storage budget prepared by the Bureau of Home Economics, Washington, D.C., and suggested to me by our Home Demonstration Agent, is a great help in planning the amount of each kind of vegetable and fruit needed to last during the period when none are available from the garden.

Home canning has come to be one of the most successful and widely used methods of preserving foods. By canning it is possible to store away foods when they are at their best in flavor, texture and appearance.

The extension service through nutrition specialists and home demonstration agents, has certainly had a good nutrition program to offer to the homemakers of the nation. The nutrition demonstrations as I am familiar with them in Auglaize County, Ohio, have been well attended. I can say that I have learned many new and better ways of preparing foods. They taste better and are more easily digested.

Canned fruits and vegetables are not only tempting to the appetite, but offer a source of variety for the family meals throughout the year and their nutritive value is high. The liquids in which the food products have been cooked should also be used as a large share of the minerals are dissolved in the liquids.

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I enjoy the work of storing and canning our food supply. We live in a part of Ohio where a large variety of vegetables and fruits can be grown. During the winter we have our own meats and can some for summer. We have our own dairy products, poultry and eggs. Flour, meal and cereals are made from home grown grains.

For me it is a great source of pleasure to go to my cellar and look over the beautiful fruit, vegetables and meat stored there. I know that all these foods that I store and can will help to decrease the family grocery bill in the winter.

It is true that better health, better work, better sleep and better play can result only from having wholesome, simple, well balanced meals with at least one vegetable and one fruit for each member of the family every day of the year. This is what I keep in mind when providing my family's food supply.

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